

Community League President

"Let's take a walk. You can show me some of your memories and I'll show you some of mine." —Adam Berlin

It's February already! The snow remains on the ground giving the neighbourhood a quiet, serene feel. The children are sledding and residents are outside, regardless of the temperature and being active. It's a wonderful time of the year in our community.

Our last newsletter included information about the final push for fundraising for the spray deck to be built at Rio Terrace playground. Funds are in place and the City along with our dedicated committee members are working hard to push for a summer 2017 opening. This spray deck will enliven our community, providing another gathering place for residents. I envision seniors playing cards in the shade of the gazebo and moms and dads conversing about our amazing neighbourhood while children frolic in the water! This will be an asset to our community and enrich our outdoor lives.

We have had successful community events over the past few months, including the Rio Terrace Preschool Silent Auction, Breakfast with Santa, a post-holiday bottle drive, and a Scotch and Pizza Night. These were great events that connected neighbours and supported our community initiatives. Thank you to the volunteers who gave their time.

The Community League is exploring options for our community hall to provide a bright future. An energy audit has been completed and considerations for solar panel installation will reduce our environmental footprint and cost on running the hall.

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I encourage each of you to be active residents in our vibrant community. Whether it be recreational pursuits outside, volunteering in some capacity, or waving at your neighbours, each small gesture enriches the lives of those around us. Perhaps I will meet you at a Community League Board Meeting, held the fourth Wednesday of each month. (hint, hint)

Lance Burns
President

Connect with us!

Website: <http://rioterrace.ca>
Twitter: @RioTerrace
Facebook: RioTerraceCommunityLeague
Neighbours: Say hi!
Coffee: Newsletter team is thirsty!

Community Matters



Publication Info

Published in:

February / May

August / November

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Proudly serving the neighbourhoods of Rio Terrace, Quesnell Heights, and Patricia Heights.

15500 76 Avenue NW
Edmonton, Alberta T5R 4L8
780-487-0610
www.rioterrace.ca

A member of the Edmonton Federation of Community Leagues
www.efcl.org

Proud to be part of one of the best cities anywhere! www.edmonton.ca

League Membership Rates 2016-17

Single/Couple: \$20

Single-Parent Family: \$20

Family: \$40

Single Seniors: \$5

Seniors: \$10

Memberships can now be purchased at Mac's (9am-5pm)

Newsletter Advertising

Business Card: \$22

Quarter Page: \$40

Half Page: \$70

Three Quarter Page: \$100

Full Page: \$135

Back Page: \$160

Classified ads also available. Contact one of our co-editors for more information or to book your ad.

Next Issue:

May 2017

Submission Deadline:

April 28, 2017

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Casino Volunteers Needed!

We need volunteers for our casino which is held every two years. The Rio Terrace Community League raises approximately \$70,000 from this two day event. The money is used for programming, maintenance and community support. Please consider donating your time to your community.

When: Between August – September 2017. Exact dates will be announced in the next newsletter.

Where: To be announced.

Who: We need 19 volunteers per day for the two days. You need to be 18 years of age to be eligible.

How long: The shifts are roughly 8 hours each and run afternoon to early evening and evening to close.

What: There are a variety of positions available from Cashier, General Manager to Count Room to Chip Runner. We'll help pair you up with a position if you don't know what you'd like to do.

Anything else: The Casino is a safe and welcoming environment and the volunteer positions are easy and fun. Training and support is provided by the licensed Casino Advisors.

Contact: Aman at: aman.athwal@usask.ca if you are able to help out. Please provide your contact info so that our fabulous Vice President can get back to you.

Greetings From the New Editors

You may have noticed the new look with this edition of community matter. With Dawna-Lynne and Carlene leaving means team G squared has taken on new duties. We ended up rebuilding the community league letter using open source software which works on Mac, Windows, Linux, or even a potato with wires attached! Essentially it means if you want to send in your article or better yet become a regular columnist it will be easier than ever so get in touch!

Corey Grajkowski and Giselle General
Team G-Squared

Silent Auction In Review

The Silent Auction took place last November, 25, 2016 at the Community League Hall. The auction had an abundant selection of items available – from art, household items, tickets for events and services – there was something for everyone to choose from.

Printed bidding sheets for tickets and gift cards lined up two of the walls of the hall because there were just so many of them. The pieces of art were propped up in corner dedicated for similar items. The rows of tables were bustling with people keenly browsing the items while enjoying the drinks that were available for purchase at the bar. The efficient event organizers were hustling ensuring that all the winning bidders receive their items in a timely manner.

The event was overall a success and raised approximately \$12,000 and the proceeds will go towards the fundraising efforts for the community Spray Deck. Thanks to all the members of the community who attended and our wonderful organizers who helped make everything ran smoothly.



We have reached our fundraising goal!

It has been an incredible process to watch our Community come together to reach our goal. It has taken countless great ideas, dedicated volunteers, some tears, and generous community support to reach the end of the funding stage. Thank you to each of you who supported us in some way over the past two years. We are ecstatic to continue working with the City to see our spray deck completed. A summer 2017 opening of our spray deck is a possibility!

Here is a recap of the numerous funding sources and events that have helped us reach our \$375 000 goal!

*Thank you for all
of your support!*

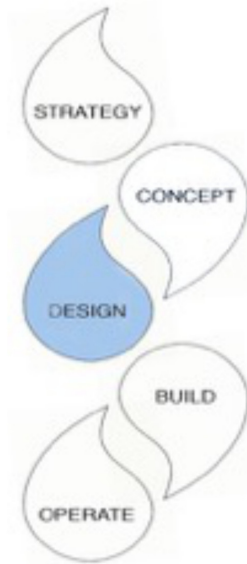
NDPD Grant
CFEP Grant
Billy Co Junction Summer and Fall events
WEM Waterpark
Oxford Development Center Silent Auction
Movie Nights
Craft Sale
Halloween Party
Breakfast with Santa
Chapters Nights Out
Sausage and Coffee
Famoso Day to Dine
Bottle Drives (three)
Pink Potty Campaign
Summer Social
Scotch and Pizza Night
Donations: including canvassing, newsletter inserts, Big Bin.
Soccer registration donations
Community League Support



Contact us: rioterracespraypark@gmail.com

Community Matters

5 Phases to Enjoyment!
Our progress:



We are now working with the City of Edmonton to get through the Design Phase of the project. We are thrilled to continue working to make our shared vision a reality! We have met with the City to review the site plan, revised budget, and details to move forward with supplier and equipment selection.

The Committee and the City considers all feedback provided through our needs assessment surveys from March 2015 and October 2016. In this part of the design phase, companies will be providing visuals to help determine what our deck might look like. Then, we will be making decisions about final layout and water features. Thank you to those of you who have provided input to the spray deck.

Looking Ahead

Over the next few weeks, we will be contacting every person who has made a personal or business donation (\$20 or greater) to the spray deck. We will be confirming the name that you would like on the donor board that will be installed near the spray deck.

If you provided a donation to The City of Edmonton in 2016, you can anticipate receiving a tax receipt by the end of February.

Frequently Asked Questions

Will traffic or parking issues increase around the park? The spray deck will be a small, community feature with 6-8 spray nozzles. This size of park typically draws local residents and is not considered an attraction. Currently, most visits to the park are via active modes of transportation (i.e., walking and cycling), indicating that the majority of visits to the park are from local community members.

Has the Committee considered recycling the water? Water will not be wasted or reused. Spray features will run for a few minutes and then a button would need to reactivate the feature. Spray features will be available during daylight hours (set by the City in consultation with the community). Children will need to be active on the spray deck in order for the water to be running.

I won't use the spray deck. How does this help me? The construction of the park could enhance property values, as young families would see it as another reason to want to move into the neighbourhood.



Community Matters



SIMPLY DANCE!!!!

(like nobody is watching!!!)



Where: Rio Terrace Community Hall;
15500

76 Ave, Edmonton

When: Thursdays from 4:45pm-5:45pm

Cost: \$2

What is this you ask? Simply moving, grooving and bringing your own special dance moves to the party! We will provide the music that will move you. Everything from the 1950's to the present day.....music for everyone! There are no steps to learn, no choreography, just a fun group of people moving, laughing, having fun and burning calories.

Can't wait to see you all on Thursdays to start the next trend in fitness fun!!!!!!
For more information, please call or text.

Cyndi Rowland # 780-554-3828



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Lynnwood School (15451-84 Ave).
Not competitive (we don't keep score).
Contact Jay (780-484-2482 or
jayspix@gmail.com) for more info.
We look forward to seeing you!



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e-mail: beplayschool@telus.net

For more information call: **Samantha 780 886 2264**

Breakfast with Santa Result



Breakfast with Santa took place in the Community League Hall on December 4, 2016 from 10 AM – 1 PM.

The event was well attended and everyone enjoyed a yummy breakfast of pancakes, fruit and drinks. Bailey's and coffee were available for those who wanted something nice and warm during that lovely snowy morning. We were supported by our dedicated event organizers and we also had high school volunteers that lent a helping hand. There were cookie-decorating and craft activity tables for everyone to try. Kids and families lined up for photos and had a great time hanging out with Santa and Mrs. Claus.

The event raised an approximate \$500 and the proceeds will go towards the spray deck. We hope to see you all again next year!

Scotch and Pizza Night



On January 27th at 7 PM, the Scotch and Pizza Night was held at the Community League Hall. It was a great way to spend a winter Friday evening with wonderful pizzas from Famoso, charcuterie from the Italian Centre and the selection of scotches from Keg and Cork that people enjoyed.

Taber and James were fantastic hosts for the event, much to the delight of everyone.

Thank you to the organizers who helped make this event a great success. It is the first community event organized this year and we are off to a great start.

Community Matters

EDMONTON

Learn to Skate Free Drop-In

Rio Terrace 15504 76 Ave

January 18	January 25	February 1
4:00pm - 7:00pm	4:00pm - 7:00pm	4:00pm - 7:00pm
February 8	February 15	February 22
4:00pm - 7:00pm	4:00pm - 7:00pm	4:00pm - 7:00pm

This program is geared towards children and families, however all ages are welcome!

Every Wednesday starting January 18, 2017



Meet new friends and learn basic skating skills through fun activities and games!

Programs will cancel at -25°C with wind chill, or if the ice is unusable as deemed by the facility.

Thank you to the Rio Terrace Community league for access to their facility.

This program does not provide **skates or helmets**, although both are required for participation. Talk to your community league or 311 for options, if you do not have any!



Edmonton

Heart Month



Did you know 90 per cent of Canadians have at least one risk factor for cardiovascular disease? The good news is most risk factors are preventable or controllable.

February is Heart Month, and it's a great opportunity to reduce your risk of cardiovascular disease - diseases like heart disease, stroke, diabetes, vascular dementia, kidney and peripheral vascular disease.

Some simple steps can help keep you and your loved ones healthy, starting with healthy eating. Increasing your daily intake of fruits and vegetables can significantly reduce your risk of heart attack or stroke. Less than half of Albertans eat the recommended servings of fruit and veggies each day. Getting active through regular exercise (150 minutes per week) and staying tobacco free are two other important ways you can significantly reduce your risk of heart disease.

Want to learn more about how you can be heart healthy in 2017? Visit the [Prescriptions for Health Living Website](#) for more information. Need help staying tobacco free? Visit www.albertaquits.ca for help.

Alberta Health Services

January Bottle Drive Summary



The bottle drive was the first fundraiser of the year which was held on January 14, 2017. It was very successful and the drive raised just over \$1000. It looks like community members are just as enthusiastic to help out as they did last September. Thank you to everyone who have contributed! The proceeds will go towards fundraising of the spray deck.

Thank you! – Illuminight 2016

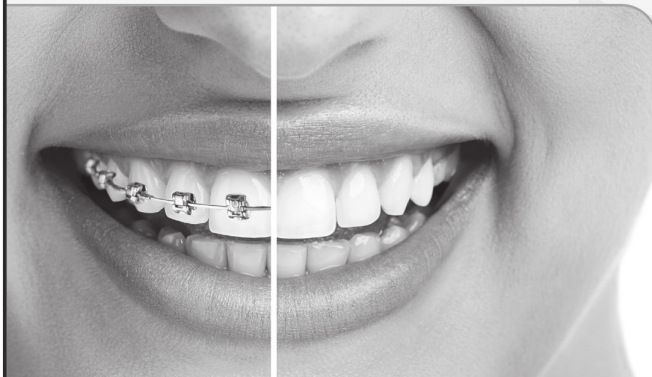
Rio Terrace Church thanks its generous community partners – Rio Terrace Community League, Dean and Osmond Realtors, Diamond B Ranch, and our wonderful friends and neighbours! Together, we raised approximately \$2,500 for Jasper Place Wellness Centre, jpwc.ca, a West Edmonton anti-poverty organization.

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Community Outdoor Soccer – Register Now!!!



Registration for the 2017 outdoor community level soccer season is now underway. Four steps are involved to register a player for the outdoor season.

- 1) Review the Soccer Program information on the Rio Terrace Community League website www.rioterrace.ca/programs/soccer.
- 2) Ensure that you have or obtain a valid (current) community league membership before attempting to register a player.
- 3) Register each player on-line at www.emsawest.com/play/register.
- 4) Pay the registration fees (and uniform deposit if applicable) directly to the Rio Terrace Community League at one of the scheduled payment sessions. Player registration is not complete until payment has been received.

Rio Terrace Soccer Program - 2017 Outdoor season info

Age Group	Birth Years	Tentative Night of Play	Start Time	Reg Fee
U6 FunSoccer	2011, 12 & 13	Mon & Wed	6:15 PM	\$125
U8	2009 & 2010	Tues & Thur	6:15 PM	\$155
U10	2007 & 2008	Mon & Wed	7:15 PM	\$200
U12	2005 & 2006	Tues & Thur	7:30 PM	\$220
U14	2003 & 2004	Mon & Wed	6:00 / 7:30 PM	\$250
U16	2001 & 2002	Thur & Sun	6:00 / 7:30 PM	\$250
U18	1999 & 2000	Tues & Sun	6:00 / 7:30 PM	\$250

Rio Terrace also has a uniform deposit fee (post-dated cheque) requirement of either \$30 (U8 – U12) or \$60 (U14 – U18) per player.

All of the community based Soccer Programs are expected to run from Monday May 1 through the end of June, with playoffs for the U12 and older age groups taking place in early July. Teams in the U8 through U18 age groups generally play 2 games and 1 practice per week.

The Rio Terrace U6 FunSoccer Program is open to boys and girls born in 2011, 2012 or 2013. U6 FunSoccer takes place Monday and Wednesday evenings at the Rio Terrace School fields from 6:15 PM to 7:15 PM. Our U6 FunSoccer teams have a mix of ages and genders on each team. The emphasis of the Program is on fun, being active, learning some soccer skills and meeting / forming friendships with other members of our community. This applies to both players and parents - there is a lot of parental involvement on the field with the players at this age. 80+ children were in this Program last year and we look forward to seeing as many smiling and eager faces this year.

Community Matters



DIRECT BILLING COMING SOON!

Our **Registered Massage Therapists** offer high quality therapeutic treatments with the perfect amount of relaxation. Whether you are pre or post-natal, strained your back from shovelling snow, suffered a MVA or just need some TLC, our wonderful therapists will take great care of you!

On a budget? With our **student Massage Therapist, Lauren**, you still get high quality treatments but for an awesome price! Some plans even reimburse. She graduates soon so the deal won't last long!



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Book online at www.thewellnessclinic.ca or call 780-484-5888

7656-156 Street (our sign still says Mozaic!)

Community Matters

How to Register for soccer 2017

On-Line registration is now underway. Register for all Rio Terrace Soccer Programs at www.emsawest.com/play/register. You will either use your existing EMSA Household account (if you registered a child previously) or you will need to first create a Household account and then proceed to registering players individually. The EMSA West registration website has a guide to help you through the process.

You need to have a current community league membership (numbered 16-XXXXX and expiring Aug 31, 2017) in order to proceed with the on-line registration process. Those needing to purchase a membership can do so anytime at the Rio Terrace Mac store (corner of 156 St. & 76 Ave) or on-line at www.efcl.org/membership or by contacting the community membership director.

When registering your child, it is very important that you indicate Rio Terrace as your preferred community to play in (or other community if that is the case) and please include any 'play with friend (by name)' or 'coach requests (by name)' as these help us to sort through the registrants and form teams.

Please also indicate whether you can volunteer to help coach or manage the team that your child will play on. Teams can only be formed if we have sufficient coaching / manager support for that team. Rio Terrace is very fortunate to have so many parents volunteering as coaches or managers, but at the younger age groups we are always recruiting new volunteers. Free coaching courses are available (usually in April) for anyone stepping forward to help coach a team.

How to Make Your Payment(s)

There will be 2 Rio Terrace Soccer registration payment sessions - Wednesday February 22 from 6 PM to 8 PM and Saturday March 11 from 1 PM to 3 PM. Each session will be at the Rio Terrace Community League hall (15504 – 76 Ave NW). You will need to bring the following to the Payment session that you attend: Alberta Health Care card for the registered players, proof of your current Community League membership status and your payments for soccer registrations and uniform deposits). Payment methods that we can accept include cheques, cash, bank drafts or credit cards. Please note that the uniform deposits should be paid via separate cheques for each player (post-dated to June 30, 2017).

Any questions on registration for the Outdoor Soccer season can be sent to director@rioterracesoccer.ca



Community Matters



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Canada 150

2017 is a significant year, both for me on a personal level, and a country-wide level. This year marks my 10 years of living in this incredible country. Incidentally, It is a huge year for the country as well as we celebrate Canada's 150 year anniversary. There are definitely many things going on that highlight, this year's significance and the greater drive to maximize its impact.

I immigrated as a teenager in 2007, and at 16 years old, it is a period of accelerated learning, growing and changing. While I already know how to speak the English language, I tell you, there is such a thing as the *Canadian way* of speaking the language, communicating and relating to people. I have been with my spouse for more than half of these years, and it's a marvellous experience seeing things through his eyes, a born-and-raised Edmontontian, and how it compares to how I see things. This country, and city, has so many positive aspects to it that significantly helped me build a good life for myself, as well as other family members who came afterwards. We should be proud with our country and we continue working on all aspects and issues that can be improved. A few things I would like to encourage anyone to do are:

1. Take advantage of programs or events that are more readily available this year. From the free passes to enjoy our national parks, to events that commemorate certain events in our history, or even new pieces of art, music and literature that displays a facet of life in Canada, there are opportunities for appreciation our nation's natural beauty, history and complexity.
2. Support any programs or initiatives that benefit the community. Many social and community organizations have a special project in celebration of this year. Providing extra support to regularly recurring

initiatives are just as awesome. Whether by donating or volunteering, sharing knowledge or joining them in the implementation process, these programs aim to make the country – and the world – a better place.

3. Do small acts of kindness, frequently, as they multiply rapidly and create immense positive impact. From picking up the randomly scattered piece of garbage, a warm smile to a stranger, holding doors or giving up the seat in the bus, these seemingly small gestures spread hope, and optimism, and we can always use more of that.

4. Immerse yourself and learn about a part of Canada that you have not encountered before. From learning or travelling to a different part of the country, or reading up on experiences of others. I quite enjoy hearing from a lot of people lately on how it was like to grow up in Canada as a child, or moving to the country several decades ago as an adult. The viewpoint of someone who lived in a small town, and the twists and turns from moving to several provinces. I'm also working on understanding our country and our city's Aboriginal history, as well as the science about our wildlife. Lots of videos online on people's stories and information about various topics are available as well enjoy.

What does Canada 150 mean to you? What is your Canada story? The responses, stories and viewpoints are as beautiful, complex and ever-changing as the 35 million people living in this country, and the million-plus people living in our great city. I hope that everyone manages to take an opportunity of optimism, celebration and moving forward with positive and strong momentum.

The main web page is canada.pch.gc.ca/eng/1468262573081 and you can also follow on Twitter at @Canada150

Giselle General

Community Matters



We Pamper our Patients™
and **SUPPORT OUR COMMUNITY**



Left to Right: Dr. Anne McCaskill Pellatt,
Dr. Michelle Breault, Dr. Sylvie Renoir.

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Green Corner

So long, and thanks for all the fish!*

It's been a privilege to write this column for the past 5 years. I'd like to leave you with just a few links to help expand your 'environmental conscientiousness practice.'

Please consider how you can up your game because, frankly, despite global consensus among scientists and intelligent world leaders, there are still too many people who believe (conveniently for apathy's sake) that human-made climate change is not a clear and present danger to us all.

City of Edmonton, The Way We Green:

https://www.edmonton.ca/city_government/city_vision_and_strategic_plan/take-action.aspx

Find out the many ways our municipal government is motivating all of us to take action, including financial incentives, tips and programs, and educational resources.

The Local Good:

<http://www.thelocalgood.ca>

Founded in 2007, The Local Good was created as Edmonton's "hub for green & local living." Browse their project page and/or sign up for their newsletter to stay up-to-date on the relevant events, mixers, festivals, etc. taking place in our city.

The David Suzuki Foundation:

<http://www.davidsuzuki.org/what-you-can-do/>

This is an excellent resource for ways to make a positive impact on the environment—whether or not you decide to become a donor! I appreciate that there are different articles and tips and ideas for all levels of environmental activist. It doesn't matter how experienced or knowledgeable you are, just

*This is an exceedingly nerdy way to say "Goodbye!", taken from a Douglas Adams novel

make a start.

Mother Jones:

<http://www.motherjones.com/environment>

This is a US-based non-profit news organization. This link takes you to their Environment section online, but I highly recommend you check out their other sections and to subscribe to their magazine.

Grist:

<http://grist.org>

A Seattle-based nonprofit, Grist focusses on environmental news and stories, contributed worldwide, and provided exclusively online.

...and in case you missed it in an earlier column...

An Inconvenient Indian by Thomas King

King writes with wry humour of terrible things, laying bare the history and legacy of colonialism in our country. As I've said before, every Canadian needs to read this book.

I'm keeping it short and (bitter)sweet. Thanks, everyone, neighbours old and new! Take care of yourselves and of each other. Our community thrives because of our commitment and care for one another.

Sandra Gangel

Community Matters



Wellness Network

We are a group of community enthusiasts offering a variety of wellness programs for the community, in the community.

SPRING SESSION: Apr 3 - May 19, 2017

All classes are at the new Laurier heights Community Hall (14405-85 ave)

Cost: 7 weeks/\$100 \$15/drop-in
Register directly with instructor

MONDAY

BOOTCAMP

9:15-10:15am

Stephanie Perry

rsperry@shaw.ca

(780)935-8768

YOGA

7-8pm

Carrie Robinson

carrieannr@shaw.ca

TUESDAY

YOGA FUN & FLOW

9:30-10:45am

Sandy Brown

sandybrown.yoga@gmail.com

(780)964-8124

****This session runs Apr 3-Jun 20**

No class Apr 11, May 23

\$140/10 wk session

WEDNESDAY

CLASSIC YOGA

9-10am

Fran Wildman

franwildman@hotmail.com

(780)484-1476

SOMA YOGA

7-8:15pm

Gaylene Borgstede

simplysomatics@gmail.com

(780)819-5974

THURSDAY

YOGA

9:30-10:30AM

Carrie Robinson

carrieannr@shaw.ca

ENERGIZING YOGA

1-2pm

Sandy Mah

sandylmah@gmail.com

(780)484-0874

FRIDAY

BOOTCAMP

9:15-10:15am

Stephanie Perry

rsperry@shaw.ca

(780)935-8768

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www.EdmontonPreschoolMusic.com

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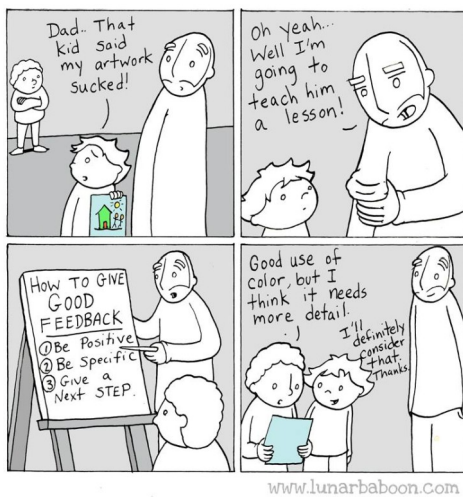
Laurier Heights Community
Tuesdays: (10:30-11:15am)

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COMICS!



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Rio Terrace Community League

TOT TIME

every friday

9:00am - 11:00am

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Rio Terrace Tot Time

Mind body connection



Your mind and body are powerful allies. How you think can affect how you feel, and how you feel can affect your thinking.

An example of this mind-body connection is how your body responds to stress. Constant worry and stress over jobs, finances, or other problems can cause tense muscles, pain, headaches, and stomach problems. It may also lead to high blood pressure or other serious problems.

On the other hand, constant pain or a health problem like heart disease can affect your emotions. You might become depressed, anxious, and stressed, which could affect how well you treat, manage, or cope with your illness.

But your mind can have a positive effect on your health, too. Having a positive outlook on life might help you better handle pain or stress and stay healthier than someone who is less hopeful.

How do your thoughts and feelings affect your health?

Your brain produces substances that can improve your health. These substances include endorphins, which are natural painkillers, and gamma globulin, which strengthens your immune system.

Research shows that what your brain produces depends in part on your thoughts, feelings, and expectations. If you're sick, but you have hope and a positive attitude and you believe that you'll get better, your brain is likely to produce chemicals that will boost your body's healing power.

Negative thoughts and emotions can keep your brain from producing some of the chemicals that help your body heal. This doesn't mean you should blame yourself for getting sick or feeling down about a health problem. Some illnesses are beyond your control. However, your thoughts and state of mind are resources you can use to get better.

For more information on mind body connection, or tips on reducing stress, visit: My Health Alberta at www.myhealth.alberta.ca



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City Recreation and Facilities



There are numerous activities, facilities and options that are offered by the City of Edmonton for the benefit of Edmontonians like you and me! Here is a handy list that I would like to share to access the most up to date information and make the most of what the city has to offer.

All digital copies of the program booklets can be found at:

https://www.edmonton.ca/activities_parks_recreation/program-guides.aspx

City of Edmonton Leisure Access Program

According to the program guide, the program “gives low-income seniors, youth and children from Edmonton free use of City of Edmonton recreation facilities and attractions [swimming pools, fitness centres, Edmonton Valley Zoo, Fort Edmonton Park etc) and discounts on registered programs [day-camps, art classes, swimming lesson etc.] for one year.” Individuals may qualify if you are currently on an government program such as AISH, Income Support, have a low income below the Low Income Cut off Line or are a recent landed immigrant or refugee. Application forms are available at any of the City of Edmonton Leisure and Sport Fitness Facilities, by calling 780-496-4918, or at <http://edmonton.ca/lap>

The 2017 Winter In the City Guide

While our city has a lengthy winter, there are a lot of ways to embrace it warmly and make the most of it. The city has released this guide to encourage everyone to seek out activities that can suit your taste and interest. The guide lists activities that are done indoors, where you can stay nice and warm, interesting classes from the art based like journaling and calligraphy, cooking various cuisines, to indoor sports like swimming. It also has a lot of information enjoying the great outdoors such as guides in using the River Valley trails, to sport activities like skiing and showshoeing.

Priceless Fun Guide

This document lists a number of free or low-cost activities that everyone can enjoy. It outlines schedules of Free Admission days, locations of libraries to encourage participating in their programming, tips in accessing our River Valley, Sports and Recreation discounts and volunteering suggestions.

Inclusive Recreation Guide and the Accessibility Rating Guide

These two booklets are useful for those who wanted to enjoy the city’s facilities and have special needs to consider. The Inclusive Recreation Guide is produced annually and lists recreation opportunities throughout Edmonton. This guide lists all specialized programs that facilities offer, including location, schedule and program descriptions. The Accessibility Rating Guide is a quick reference with ratings for all the facilities managed by the city. If you are also reading the specific web page for the facility, it includes some information on accessibility there as well.

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Feed Your Body Like a Ferrari

I read recently about US Olympian Carli Lloyd who was asked about her daily diet. The article included colourful pictures of a typical day's food for Ms. Lloyd, featuring healthy protein sources such as legumes and fish as well as many fresh fruits and leafy green salads. In the interview she commented, "You don't put regular gas in a Ferrari."

This is the perfect summary of how we should look at what we eat. It is an analogy I have used with my patients as a naturopathic doctor. Clearly, this athlete considers her body a beautifully-designed, high-functioning machine – like a Ferrari. And so she should.

It's not only Olympic athletes who should view their bodies this way. We all should. Our body is the best machine that we will ever have. Without conscious thought, our body is, for instance, pumping our blood, delivering oxygen, clearing us of waste, sensing our environment, creating thought and experiencing emotion. Why would any of us put "regular gas" in our Ferrari? This machine has to last us our whole life. We have to take care of it to make it perform optimally.

These days, the "regular gas" is the food that fills most of our grocery store shelves. It contains added sugar, excess salt, unhealthy fats, colouring, additives such as cornstarch and flavouring, and refined carbohydrates. It is often found in the boxes and packages that attract us (and our children) with bright colours and tricky labels. Just because it is ubiquitous, though, does not mean this food is healthy.

On the other hand, the super high-efficiency "clean gas" that you would put in a Ferrari is healthy whole food. For the most part, that is the food made from scratch. It includes fresh fruits and vegetables (organic when possible), legumes, healthy oils such

as olive and coconut, and non-GMO wheat-free grains. Depending on your food preferences and sensitivities, it may also include grass-fed and finished meats, wild fish, free-range organic eggs and whole, unsweetened dairy products.

Give yourself and those for whom you prepare food a gift; treat your body as an Olympian would, every day. Treat it like you would a very expensive, beautiful car. Feed it the cleanest fuel you can. You'll find you are better equipped to succeed.

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Edmonton is a city with plenty of things to do
here is a short list of events

Silver Skate Festival

Hawrelak Park
February 10 – 20, 2017

10 day festival celebrating its 27th anniversary. The festival transforms Hawerlak Park into a winter wonderland with fun for the entire family. You will discover breathtaking snow sculptures, winter sports, and horse-drawn sleighs carrying families through the park. Sit in Cree Winter Camp and cook bannock over an open fire. Compete in the Winter Triathlon or speed skating events. Take in live music and performances with your friends.

2017 Capital Classic Hockey Tournament

Hawrelak Park
Saturday, February 18, 2017
10:00am – 5:00pm

It will be an old fashioned 3-on-3 round robin done Canadian style in the great outdoors – next to a beer tent! 40 teams (5 players per team) will be facing off to raise the Capital Classic Cup, and proceeds for two great local children's charities: Uncles & Aunts at Large and Adaptabilities. With over 25,000 attendees and spectators expected on the Saturday, Register A Team and come down to enjoy a day on the ice with friends, heated beer garden, fire pits, live entertainment, and food from our on-site vendors. Plenty of entertainment for the whole family!

Family Fun Day

City of Edmonton
Monday, February 20, 2017
12:00pm – 4:00PM

Come to City Hall or Churchill Square Enjoy performances by Hoffman & Brown, Nikolai the Juggler, a Concrete Theatre performance of the play The Early Bloomers, crafts, balloon sculptures and more! Then venture outside to go for a hayride and check out the Family Day games and activities on the Square. Food trucks will be on site.

Go to the Zoo and visit the Polar Bear craft table or participate in the Animal Families scavenger hunt. Learn why Edmonton Valley Zoo is an Arctic Ambassador Centre for Polar Bears International and visit our free photo booth to take home a family memory!

The Reuse Centre is hosting a Family Day Open House event. Participate in a reuse crafting workshop, shop through the treasure trove of items or take a tour and learn more about reusing.

Westend Winter Festival

West Jasper Sherwood Community League
9620 – 152 Street
Saturday, February 25, 2017
1:00pm - 3:00pm

Winter Festival featuring kick sledding, snow-shoeing, skating, carnival games, bannock making and food. Bring your friends and family. Everything is free of charge! Just come and have a wonderful Winter Time!



Mom, Pop & Tots Fair

Edmonton EXPO Centre
March 11th & 12th, 2017

Come to the Mom, Pop & Tots Fair and celebrate kids! With hundreds of vendors and participants, there is a lot to explore. Learn about parenting tools, find out what's happening in your community, or just come and see all the toys!

Peter and the Starcatcher

Citadel Theater
April 1 to 23, 2017

The Peter Pan prequel for all of us who never grew up. Peter and the Starcatcher is the most hilarious-filled evening of madcap fun! In this Tony Award winning play, a dozen brilliant actors play more than 100 unforgettable characters using their enormous talent, ingenious stagecraft and the limitless possibilities of imagination. Tickets start at \$30.

Touch Lab: Leave your Mark

Art Gallery of Alberta
Now till Sunday, Jul 23, 2017

Don't touch the artwork! How many times have you heard that at a museum or art gallery? Why is touching artwork not allowed? What other factors might affect the lifecycle of an artwork? Join us in a tactile investigation of art and art conservation to answer these questions through a series of kinesthetic explorations and activities.

Touch Lab, designed by artist and designer Anna-Karolina Szul, investigates how a variety of man-made and natural elements contribute to the wear and tear on works of art over time.

Glow Night

LZ Trampoline Park
Saturdays 8:00PM – 10:00PM

Come to LZ Trampoline Park for our ALL AGES Glow Night. FUN competitions and prizing! Wear Neon and get \$2.00 OFF Admission

Edmonton Public Library

Sign Sign, Laugh and Learn

10:30am Mondays, Tuesdays, and Fridays

Join us for singing, rhyming and signing. This is an inclusive program for children from birth to age three accompanied by a grown-up. Siblings are welcome. Parents will learn strategies to engage their child and enhance their child's communication and development through repetition, visuals and movement. Offered in collaboration with the Edmonton Early Intervention Program.

Lego at the Library

4:00pm Tuesdays

Design and build a Lego creation. Share your building tips and tricks.

Teen Lounge

6:30pm Thursdays

Come play video games, make a DIY project, meet friends or just hang out.

Book Club

2:30pm Fridays

Love reading, come chat about books you've read with other avid readers

Pop-up Makerspace

2:30pm Saturdays

Makey Makey hacks, DIY music, Art and 3-D design are just the beginning at this Pop-Up maker event. You're invited to drop-in, hang out, bring friends, try things and make fun stuff.



Lent and Easter

Seasons of reflection, renewal, and growth...
You are invited!

We are an inclusive, justice oriented church of Jesus-followers, where all are welcome.

15108 76 Ave NW · Edmonton, AB T5R 2Z9
RioTerraceChurch.org | (780) 487-0211
Facebook.com/RioTerraceChurch
Rev. James Lavoy, pastor, jlavoy@gmail.com

Holy Week Readings

Monday – Thursday, 7 pm

Seder, April 13 – 5:30 pm

Good Friday, April 14 –

2:15 pm & 7 pm

Easter – Sunday, April 16

Sunrise Pilgrimage – 6:15 am

Easter Breakfast – 7 am

Easter Egg Hunt – 10 am

Easter Service – 10:30 am

Ash Wednesday – Mar. 1, 5:30 pm

Pancake Supper & Service

Lenten Book Club – March 29, 7 pm -

All the Light We Cannot See

Read the book and come discuss it among friends.

Lenten Movies – Weds. @ 7 pm

March 15 – Arrival

March 22 – Moana

April 5 – Jesus of Montreal

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Sundays @ RTC</u> Waffle Church (for Kids + Loved Ones) 9:30 am Morning Worship (Childcare Provided) 10:30 am Potluck Vespers , 1 st and 3 rd Sundays, 5:30 pm			1 Ash Wednesday <i>Begin a Lenten Journal.</i>	2 Refrain from using Social Media today	3 Cook or eat a vegetarian Dinner	4 Walk in the River Valley with a friend.
5 Attend any church service, or the 5:30 potluck at the Church.	6 Collect 6 items and donate them.	7 Choose a local charity and make a donation.	8 Review your journaling. Keep it up!	9 Take transit or bicycle to work.	10 Cook or eat a vegetarian dinner.	11 Try a new outdoor activity.
12 Play a board game.	13 Listen more than talk; – or, speak up more.	14 Choose a local charity and make a donation.	15 Check out the Lenten movie at the Church.	16 Collect 16 items and donate them.	17 Cook or eat a vegetarian dinner.	18 Start some seeds indoors.
19 Attend any church service, or the 5:30 potluck at the Church.	20 Make dinner with a budget of \$4.50/person.	21 Choose a local charity and make a donation.	22 Check out the Lenten movie at the Church.	23 Take transit or bicycle to work.	24 Cook or eat a vegetarian dinner.	25 Visit a locally-based store.
26 Visit a local museum.	27 Invite a neighbour for dinner.	28 Choose a local charity and make a donation.	29 Participate in the Lenten Book Club at the Church.	30 Refrain from using Social Media today	31 Cook or eat a vegetarian dinner.	1 Tell a joke to an unsuspecting person.
2 Attend any church service, or the 5:30 potluck at the Church.	3 Make some placemats for Meals on Wheels. Drop off @ Church.	4 Choose a local charity and make a donation.	5 Check out the Lenten movie at the Church.	6 Take transit or bicycle to work.	7 Cook or eat a vegetarian dinner.	8 Do not buy anything today.
9 Take a nap.	10 Visit the Library and check out a new book.	11 Choose a local charity and make a donation.	12 Write a letter to your MLA or MP.	13 Refrain from using Social Media today	14 Cook or eat a vegetarian dinner.	15 Forgive someone – or yourself.

^^ Try this personally, or with your family during Lent, March 1 – April 15. ^^